

# AUSTRALIAN HINDI INDIAN ASSOCIATION (AHIA)

-the Association that cares



## Sandesh सन्देश

incorporating **Seniors Newsletter**

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Editor: Santram Bajaj

President: Sushma Ahluwalia :

Secretary : Mohinder Kumar

Tel: (0414553739)

(0411967374)

(0438203291)



**Happy 26 JANUARY**

India's Republic Day

Australia's Australia Day



**Wishing** all the 'Sandesh' readers a very Healthy and Happy New Year. Healthy is more desirable, looking at the previous 3 'Covid 19' years. Good health will lead to happiness. We must accept the verdict of the World Health experts who

claim that the 2022, has been less deadly and less dangerous, comparatively. The vaccination drive adopted by most of the countries to protect the masses seems to have paid off. In addition, the natural 'mass immunity' has helped. According to some, Covid-19 is not going to disappear, but will be more like ordinary Influenza. They are hoping for better 2023.

However, we should not take it lightly as the new variants have already appeared and are threatening the masses, the elderly in particular. Once again fingers are being pointed at China and many countries are imposing restrictions on travel from China.

Now to other events of the last year:

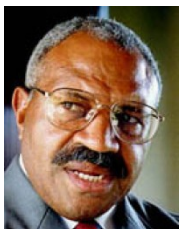
The Russian and Ukraine war that started in Feb 2022 is still going on and there seems to be no end in sight.

Various countries of the world had change of Governments through democratic election systems such as Australia, Brazil, Israel, Nepal and Fiji.



Whereas leadership changed in Britain through resignations of two Prime Ministers in succession. Great Britain had the new PM and new King in 2022.

Political events in our neighbourhood Fiji came to a full circle. Fiji's first coup leader of 1987,



General Sitiveni Rabuka comes back as the new PM replacing Frank Bainimarama (another coup leader of 2006). Fiji has experienced four military coups over the past 35 years, and both Rabuka and Bainimarama have held lead roles in previous moves to oust former Fijian leaders.

And in Pakistan 'no confidence' motion against the sitting PM Imran Khan ousted him and brought in Shahbaz Sharif (younger brother of the former PM Nawaz Sharif).

Things were far worse in Sri Lanka. The Rajapaksa family was forced by the peoples'

protests out of their offices of PM and President, who then fled the country. Ranil Wickremesinghe was finally elected as the President.



India too had new President in 2022 through electoral system. Draupadi Murmu is the first tribal woman to attain this high position.

The last month of 2022 saw the

deaths of the Pope Benedict XVI, the ailing retired head of the Roman Catholics and legendary Soccer



player Pele of Brazil, who died



of cancer at the age of 82. Earlier in the year 2022, Shane Warne 52-the most popular cricketer of Australia died of heart attack while holidaying in Bali.

Japan's former Prime Minister Abbe Shinzo was assassinated in September.

The most notable death of 2022 was that of the Queen Elizabeth II of Great Britain. She was 96 years old and had been ruling for more than 70 years, and her son succeeded her as the King Charles III.

Meanwhile, India has been nominated as the President of G20 nations for the year 2023.

The G20 brings together the world's major important economies of the world.

Another significant event in India is a long march on foot - 'Bharat Jodo Yatra' started by Congress leader Rahul Gandhi, from Kanyakumari in Tamil Nadu on September 7 last year



and will finish in Srinagar in Kashmir on January 30, this year. It is attracting a lot of attention and many prominent personalities are joining it on the way.

Santram Bajaj  
(with inputs from Chand Chadha).

'Sandesh' is AHIA's Newsletter and is published every month.

#### EDITOR

Mr Santram Bajaj  
Mob. 0414 553 739  
santbajaj@hotmail.com

#### EXECUTIVE - COMMITTEE

##### \*President

Mrs. Sushma Ahluwalia  
Mob: 0411967374  
sushmaahluwalia2014@gmail.com

##### \*Vice-President

Mrs. Meeta Sharma  
0411966585  
meetasharma6@gmail.com

##### \*Secretary

Mr Mohinder Kumar  
0438203291

##### \*Treasurer

Mr. Chand Chadha  
0410636199

##### \*Members:

Dr. (Mrs) Sarita Sachdev  
0407870490  
Mr. Vivek Bhatnagar  
0431728061  
Dr. Tilak Kalra  
0413753134  
Mr. Raj Batra  
0421138340  
Mrs Abha Gupta  
0416570608

##### \*Public Officer:

Mr Kali Gupta  
Mob: 0402 092 967  
guptak72@gmail.com

#### AHIA's website:

www.ahiainc.com.au

#### INSIDE THIS ISSUE

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\*\* The Health information is given in good faith and readers are advised to consult their own Doctor. AHIA does not accept any responsibility whatsoever.



## Message from the AHIA President

Hello Every One,

Wishing you all a very Happy New year and look forward to 2023 that hopefully will bring you all the happiness, good health and prosperity. Especially after last year's slow and steady recovery from the COVID pandemic, we are now able to resume our normal way of life and freely celebrated the festive season.

In 2022, AHIA was able to hold monthly Senior's meetings and some other festivals and events like Holi, Dewali, picnic and clean-up Australia day and it is hoped that you will continue to support these again in 2023 as much as you did last year. Further, following AHIA's EC planning meeting, this year it is proposed to hold additional activities such as establish voluntary services division within AHIA, organise local morning walks, arrange excursions etc, please see Secretary Report for details. In this regard any feedback from the AHIA members will be welcomed.

Our first Seniors Meeting of the year will take place on Saturday 14<sup>th</sup> January 2023. In this meeting we will be celebrating

Lohri. Also, Honourable Mark Coure, Minister for Multiculturalism and Seniors will be attending this meeting. This has been only possible following Mr Mohinder Sharma and myself lobbying in a meeting with the Minister last year.



AHIA is grateful to the NSW Multiculturalism for giving significant amount of grants to celebrate festivals and events last year and continuing this year as well.

Please join AHIA's next Senior's meeting at the Wentworthville Community Centre, Wentworthville which is on Saturday 14<sup>th</sup> January 2023.

See you all at our next meeting and until then please take care and stay safe.

With best wishes

**Sushma Ahluwalia**  
President, AHIA

## AHIA Secretary's Report

Dear friends,

We wish you a Happy New Year 2023 filled with good health, happiness and prosperity.

Hope that you are enjoying the festive season with your families and friends in Australia and overseas.



Thank you for being a member of AHIA and for your active participation throughout the year 2022 at seniors' meetings, events and festivals including Lohri, Holi, Diwali, Clean-up Australia day and Picnic etc. It has been a successful year from AHIA's perspective. We also take the opportunity to thankfully acknowledge the financial support from NSW Multiculturalism.

Looking ahead to 2023, the AHIA team recently spent half a day planning the events and festivals to be organised in

the new year, particularly how can we improve your experience as a member of AHIA. The details are included in the Sandesh for January 2023.

In summary, the AHIA team is considering the following new activities in addition to the current program.

1. Organise professional speakers on health and general topics of interest at senior meetings.
2. Arrange a Hindi mobile library at the Senior Meetings.

3. Establish voluntary services division within AHIA.

4. Provide networking/chat time to members at seniors' meetings

5. Organise morning walks bimonthly at different locations convenient to members.

6. Arrange excursions within the Sydney metropolitan

7. Organise a special musical evening program.

AHIA's next seniors' meeting including the celebration of our Lohri festival will be held from 1 pm to 4 pm on 14 January 2023 in the Grevillea Room at the Wentworthville Community Centre, 2 Lane Street, Wentworthville NSW 2145.

We are pleased to share that Honourable Mark Coure, Minister for Multiculturalism and Seniors would likely attend the January 2023 seniors meeting.

The agenda includes Mrs Sushma Ahluwalia's welcome address and best wishes for members' birthdays and anniversaries. There will be a short musical/singing session, dance performances, a short speech by Hon Mark Coure, and tea and refreshments which will conclude the senior's meeting/celebration of the Lohri festival.

We request your kind presence and participation at the January 2023 seniors' meeting and Lohri festival!

We hope you have a wonderful and safe festive season and look forward to continuing our sincere and strong relationship with you in the new year.

Kind regards

**Mohinder Kumar**  
Secretary, AHIA

## January 2023

### Happy Birthday

Sudershan Yadav  
Jaskiran Kaur  
Mohinder Bawa  
Ajit Lamba  
Joginder Pal Suri  
Nalina Sajdeh  
Rajesh Arora

Sharven Sehgal  
Inderjit Kumar  
Anju Bahl  
Satnam Ahuja  
Kanak Mehta  
Ravinder Gupta  
Renu Arora  
Sarita Sachdev

### Happy Anniversary

Mr. & Mrs. Jagtar & Anita Sangha  
Mr. & Mrs. Man Mohan & Kanak Mehta  
Mr. & Mrs. Lajpat Rai & Krishna  
Sardana  
Mr. & Mrs. Sushil & Alka Anand

### With due apologies :Belated ( November) Happy Anniversary

Mr. & Mrs. Tilak & Bindu Kalra and

Mr. & Mrs. Braham Prakash & Sharda Sharma

## AHIA - 2023 Planning Meeting

Looking ahead to 2023, the AHIA executive committee team spent half a day on 11 December 2022 at George Thornton Park, West Pennant Hills planning for the events and festivals to be organised in the new year to improve the experience of AHIA members.

AHIA currently holds seniors meetings and celebrates traditional festivals Lohri, Holi, Baisakhi and Diwali and arranges Picnics and Clean-up Australia Day.

The standard agenda for the seniors meeting is a welcome address; good wishes for birthdays and wedding anniversaries; a yoga session; a guest speaker on general health, an open form musical and entertaining session, a professional singing group, a Bingo session, followed by tea and refreshments.

On average we have 65-70 people attending the senior meeting each month. AHIA EC agrees that we must improve members' experience at the senior meetings, and while continuing the celebration of traditional festivals such as Lohri, Holi, Diwali, we can introduce new activities.

In 2023, subject to the availability of volunteers and time convenience, the AHIA team is considering, in addition to the current program, the following new activities:-

1. Organise professional speakers on health and general topics of interest at seniors meetings including but not limited to –

- \* EXERCISE physiologist
- \* Computer literacy
- \* Talk on Public Safety by local police personnel
- \* Talk on pension and other entitlements from Centrelink, ATO, Aged Care etc.
- \* Talk on pensioners' discounts for the usage of electricity, gas, water, and telephone and how to interpret these bills;
- \* Hindi translation of professional speeches at seniors' meetings.

2. Arrange a mobile library for Hindi books at the senior meetings. It has already been arranged to commence from January 2023 at the seniors' meeting.

3. Allocate specific time for networking/chat time to mem-

bers at seniors' meetings.

4. Organise morning walks bi-monthly on the last Sunday of the month at different locations convenient to members. The first-morning walk is at 9 am on Sunday, 26 March 2023 at Cumberland Forrest, West Pennant Hills NSW 2125. The meeting point is near the Entrance at Castle Hill Road.
5. excursions within the Sydney metropolitan.
6. Establish the Voluntary Services Division for providing moral support. AHIA members can approach Mrs Sushma Ahluwalia, Mr Kali Gupta, Dr Sarita Sachdev, Mrs Abha Gupta and Mr Santram Bajaj.
7. Organise a special musical evening/singing program/ghazal night. We are planning to do it in August, or Sept 2023.
8. Picnic for 2023. The date of the Picnic this year is 7 May 2023.
9. Celebration of Diwali 2023 will be on 4 November 2023 at Granville. Further details will be provided close to the date.
10. AHIA AGM will be held in December 2023, details will be advised close to the date.
11. Establish Youth Wing Sub Committee. If you know anyone interested to join AHIA Youth Wing, please contact Mrs Meeta Sharma at 0411966585.
12. Azadi Ka Mahotsav – a documentary, 'Crossing the line' -made on the partition of India - by Mrs. Anita Barar to be shared at the senior's meetings in August 2023, subject to Mrs Anita Barar's availability.

The AHIA Executive team is looking forward to serving the members and the Indian community in Sydney metropolitan during 2023 with the support and participation of volunteers.

Mohinder Kumar, Secretary AHIA

**Executive Committee Team – Sushma Ahluwalia, Meeta Sharma, Chand Chadha, Dr Sarita Sachdev, Abha Gupta, Raj Batra, Vivek Bhatnagar, Tilak Kalra, Kali Gupta, Santram Bajaj (Special guest) and Mohinder Kumar Australian Hindi Indian Association**

ॐ " दिसंबर से  
जनवरी तक का सफर "  
पुराने साल से नया साल एक  
पल में आ जाता है  
वक्त कैसे पल में देखो बदल  
जाता है  
पलों को अपने साथ लेकर  
यह साल भी कहीं गुजर गया  
देखते-देखते दिसंबर भी

वक्त के पन्नों में जम गया  
कसमें खाई रस्में निभाई  
गुजरते साल ने सबक  
सिखाया भी  
इरादे बुलंद किए, वादा भी  
निभाई  
दस्तक देता है देखो नया साल  
भी  
जनवरी से दिसंबर तक का  
सफर

धीरे-धीरे बीत ता जाता है  
लेकिन दिसंबर से जनवरी  
एक ही पल में पहुंच जाता है  
पुरानी यादों और नए वादों  
का किस्सा आज सुनाते हैं  
दोनों के चेहरे का रंग  
आज हम आपको दिखाते हैं  
दिसंबर और जनवरी जुड़े हुए  
हैं ऐसे

धागा के दो छोर हो जैसे  
पर देखो दूर रहकर भी  
साथ निभाते हैं कैसे  
पुराने साल को कहो अलविदा  
नया साल तेरा स्वागत है।  
ॐ सु: स्वागतम्  
ॐ ॐ ॐ ॐ  
सुदेश अग्रवाल Jan 2023

## BREATHING

Many studies have been done over the years and in particular since the industrial revolution, the way we breath has changed markedly. Majority of us breath incorrectly and diseases like asthma, anxiety, ADHD, psoriasis could either be reduced or reversed by changing the way we breathe. Breathing does affect our lung function and allows us to hack into our nervous system, control our immune response and restore our health.

There has been lots of stories where women who have put their cancers into remission and monks who could melt circles in the snow around their bare bodies. It is also known that monks with under wears live in the snow in Himalayas. They warm their bodies by certain way of breathing.

Chinese books dating back 400 BC focussed entirely on breathing, including instructions about regulating breath, slow it and hold it. Some old Hindu books described elaborate practices to balance breathing and preserve both mental and physical health. Buddhists use breathing to lengthen their lives and reach higher planes of consciousness. Breathing was used as a powerful tool as a medicine.

Katharina Schroth in 1900, who lived in Germany was diagnosed with Scoliosis at the age of 16 years. She started training herself in orthopaedic breathing and cured her scoliosis. By 1940 she was running an institute to help others to cure scoliosis.

Buddhist monk's popular mantra, Om Mani Padme Hum, the traditional chant of Om takes 6 seconds to chant and take 6 seconds to inhale before the chant starts again. Japanese, African, Hawaiian, Native American, Buddhist, Taoist, Christian had developed similar prayers, requiring the same breathing patterns. They all have similar calming effect.

### VARIOUS BREATHING TECHNIQUES ARE DESCRIBED BELOW

#### NADI SHODHANA

This Technique of breathing improves lung function and lowers heart rate, blood pressure and sympathetic stress.

Place the thumb of your right hand gently over your right nostril and ring finger of the same hand on the left nostril. The forefinger and middle finger should rest between the eyebrows.

Close the right nostril with the thumb and inhale through the left nostril very slowly

At the top of the breath, pause briefly, holding both nostrils closed, then lift the thumb to exhale through the right nostril

At the natural conclusion of the exhale, hold both nostrils closed for a moment, then inhale through the right nostril

Continue alternating breaths through the nostrils for five to 10 cycles

#### BREATHING COORDINATION

This technique involves more movement from the diaphragm. It should never be forced and each breath should feel soft and enriching.

Sit up so that the spine is straight and chin in perpendicular to the body.

Take a gentle breath through the nose. At the top of the breath begin counting softly aloud from one to 10 over and over (1,2,3, ----10 : 1,2,3,4----10).

As you reach the natural conclusion of the exhale, keep counting but do so in a whisper, letting the voice softly trail out. Then keep going until only the lips are moving and the lungs feel completely empty.

Take in another large and soft breath and repeat.

Continue for from 10 to 30 or more cycles.

### RESONANT (COHERENT) BREATHING

A calming practice that places the heart, lungs and circulation into a state of coherence, where the systems of the body are working at peak efficiency.

Sit up straight, relax the shoulders

Inhale softly for 5.5 seconds, expanding the belly as air fills the bottom of the lungs.

Without pausing, exhale softly for 5.5 seconds, bringing the belly in as the lungs empty. Each breath should feel like a circle.

Repeat at least ten times, more if possible.

### TUMMO BREATHING

The type of breathing stimulates the sympathetic and parasympathetic. It is important that this technique should be done only lying done.

Find a quite place and lie flat on your back with a pillow under the head. Relax the shoulders, chest and legs.

Take 30 very deep, very fast breaths into the pit of the stomach and let it back out. The movement of each inhalation should look like a wave, filling up the stomach and softly moving up through the lungs.

At the end of 30 breaths during exhalation leave about a quarter of the air in the lungs. Hold that breath for as long as possible.

Once you have reached your absolute breath hold limit, take one huge inhale and hold it for 15 seconds. Very gently, move that fresh around the chest and the shoulders, then start the heavy breathing again.

Repeat the entire pattern at least three times.

### YOGIC BREATHING

#### Phase-I

Sit in a chair or cross-legged upright on the floor and relax the shoulders.

Place one hand over the navel and slowly breathe into the belly. You should feel belly expand with each breath in, deflate with each breath out. Practice these few times.

Next move the hand up few inches so that so that it's covering the bottom of the rib cage. Focus the breath into the location of the hand, expanding the ribs with each inhale, retracting them with each exhale. Practice this for about three to five breaths.

Move the hand to just below the collarbone. Breathe deeply into this area and imagine the chest spreading out and withdrawing with each exhale. Do this for few breaths.

**Phase-II-**Connect all theses motions into one breath, inhaling into stomach. Lower rib cage, then chest.

Exhale in the opposite direction, first emptying the chest, then rib cage, then the stomach. Feel free to use a hand and feel each area as you breathe in and out of it.

Continue this same sequence for about 10 to 12 rounds.

### BOX BREATHING

This technique is used to stay calm in tense situations.

Inhale to a count of 4; hold 4; exhale 4; hold 4. Repeat 10 to 12



times.

This technique is very effective especially before sleeping.

.....Compiled by Tilak Kalra.....



## HOW TO SQUEEZE MAXIMUM JUICE OUT OF RETIREMENT ?

I came across a TED talk on retirement by \*Dr. Riley Moynes few weeks ago and was very impressed not only by the content of the talk but also by the excellent presentation. I felt I must share the ideas with members of our esteem organization AHIA especially the Senior wing

In Australia along with other developed countries have been hit with a tsunami of retirees. According to Census 2020 there were 3.9 million retirees representing 14% of the population. On 1 July 2021, Age pension age increased to 66 years and 6 months. There is no such thing as "Retirement age" nor any laws that dictate when someone has to retire.

Retirement is an important stage in life and it is lasting longer than ever. In 1950, a male retiree at the age of 65 could be expected to live for another 2 years. Seventy years later in 2020 a male leaving the workforce at 60 years can look forward to 20 or more years of retirement, representing a quarter of life

Dr. Riley Moynes in his Ted talk divided the retirement into 4 phases

### 1. THE VACATION PHASE

You wake up when you want, you do what you want all day, and the best part is there is no routine. It represents for most people their view of an ideal retirement. This phase lasts for a year or so and then, strangely, it begins to lose luster and one starts feeling bored. We miss our routine. Something in us seems to need one. We ask ourselves "is this all there is to retirement. Now when these thoughts and feelings start to bubble up, we have already moved into phase two

### 2. THE LOSSES AND BEING LOST

Phase 2 is when we feel loss and we feel lost. We lose the big 5 significant losses associated with retirement which are routine, sense of identity, relationship which we established at work, a sense of purpose and for some people there is loss of power. We also come face to face with the 3 D's-Depression, Decline in both physical and mental states and Divorce in rare cases. Fortunately, at some point, most of us say to ourselves "Hey! I can't go on like this. I don't want to spend the rest of my life perhaps 30 years, feeling like this "We have turned the corner to phase 3

### 3. TRIAL AND ERRORS

We ask ourselves "How can I make my life more meaningful again? How can I contribute? "The answer often is to do things that you love to do and do really well. But this phase also delivers some disappointment and failures. But it is important to keep on trying and experimenting with different activities that will make you want to get up in the morning again because if you don't there is a real good chance of slipping back into phase 2. Not everyone breaks through to phase 4 but those who do are of the happiest people.

### 4. REINVENT AND REWIRE

Phase 4 involves answering some tough questions too.

"What is the purpose here? What is my mission? How can I squeeze all the juice out of retirement?" It is very important to find activities that are meaningful to us and gives us a sense of accomplishment. It almost always involves service to others in the most selfless manner which gives the maximum happiness. Among the various other activities suggested to keep the mind active are joining University of the Third age where members exchange their expertise in a group setting and there are regular

talks from outside speakers and of course there are no exams at the end of term.

There is no doubt that the people who enjoy retirement to the full have a positive attitude about themselves, an ability to handle change and determination to get on with life. Having interests, goals, ambitions and new fields to conquer are the key to being a successful retiree.

It is not only financial but emotional, physical, and psychological preparation that is the cornerstone to happy retirement- a subject which I intend to take on in subsequent 'Sandesh' issues.

Meanwhile in summary

Enjoy your vacation in phase 1

Be prepared for the losses in phase 2

Experiment and try as many different things as you can, in phase 3

Squeeze all the juice of retirement in phase 4

.Dr Rakesh Sachdev

(Dr Rakesh Sachdev is past President of AHIA and the founder of senior wing of AHIA which was started in 1996. He is a retired GP with a special interest in mental illness among elderly).

\*Dr Riley Moynes has worked as an educator, author, researcher, and publisher of many books. He hails from Canada



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## How to grow garlic

### What you need to know about garlic

**Name:** garlic (*Allium sativum*).

**Plant type:** perennial bulb, but treated as an annual.

**Height:** around 50cm tall.

**Foliage:** long, thin, wider at the base than the tip and with a definite tip. Light green-grey; distinct garlic aroma when crushed.

**Climate:** tropical, sub-tropical, warm temperate and cool temperate, but care must be taken to select the correct variety for the region.

**Soil:** quality, open, free-draining, preferably with added organic matter (composts or composted manure). Will not tolerate heavy or wet soil.

**Position:** full sun.

**Feeding:** adding a quality controlled-release fertiliser at planting time can be beneficial.

**Watering:** little required, except during hot conditions.

#### Appearance and characteristics of garlic

With a distinctive flavour and aroma that can range from warm and mellow to bold, pungent and spicy, [garlic](#) has been a staple in the kitchen for thousands of years. Even the experts are not sure where it originated as a species, although they suspect it hails from Central Asia. What certainly aided its worldwide distribution, apart from the delicious taste, is the ease with which it can be grown. There are varieties of garlic for virtually every climate imaginable – tropical all the way through to cool temperate. Just about all it needs is a sunny spot and the right soil or potting mix. In fact, it may be the ultimate set-and-forget edible to grow!

Garlic “bulbs” are a collection of individual cloves clustered around a central stem. Each clove is sheathed in a papery covering, which also encases the entire bulb. Individual cloves are split off from the bulb when planting.

Once growing, garlic has foliage that's almost lily-like in its appearance (and it is in fact part of the lily family). The long leaves will be tightly packed together where they emerge from the bulb neck before spreading and gently arching down to the soil at their tips.

Although not often seen, the flowers are quite attractive. They are very small, white and carried on a tall stem. They radiate out from the top of the stem, forming a sphere of flowers. Garlic produces foliage during the cooler, shorter days, then forms the bulb as the days grow longer and warmer.

Garlic is classified into two main groups: hard- and soft-necked. The rough rule of thumb is that hard-necked varieties are grown in cooler climates and soft-necked in warmer zones.

#### Uses for garlic

Garlic is most commonly grown for the kitchen, or for medicinal purposes. It can also be grown as a pest-repelling ornamental.

#### How to plant and grow garlic

Garlic prefers full sun. It will grow in part shade, but the bulbs will be small. It will be happy in most locations, but windy spots may lead to leaf damage.

Cold tolerance will vary with the type grown, but some hard-neck forms can tolerate  $-10^{\circ}\text{C}$  once established.

Garlic will grow well in most reasonable-quality, free-draining soils. Best performance comes from improved soil – blend through some well-composted manure or quality compost about a week before planting. It will not tolerate heavy, clay soil or wet soil.

Garlic will grow very well in pots. Use a premium-quality organic potting mix, or one that's blended for edibles. Ensure the pot has good drainage, and don't leave a saucer of water underneath.

#### Planting tips

1. Garlic doesn't have an extensive root system and it doesn't like root competition, so make sure you select an area that will give your plant the right conditions.

Improve soil around a week before planting, and add a quality [controlled-release fertiliser](#) too.

1. When selecting garlic to plant, you are best to buy planting garlic, rather than using garlic from the grocery store. If you do wish to use store-bought garlic, look for locally grown organic garlic.

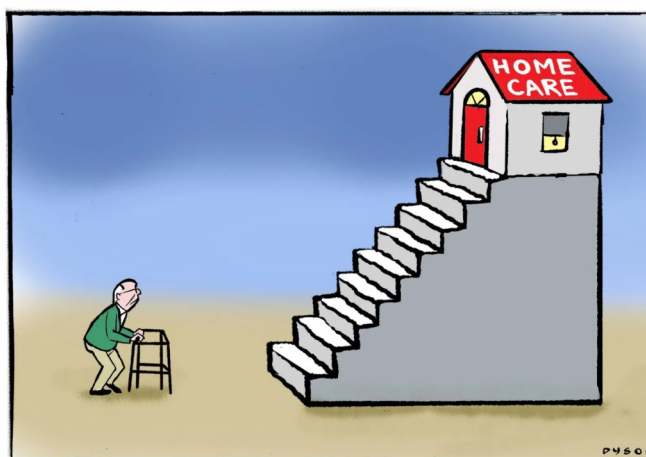
2. When planting, separate a bulb into cloves and plant the individual cloves. If you've bought planting garlic it will likely already come as cloves.

3. If separating a bulb, plant the largest, plumpest cloves. Don't plant any that have started to shrivel, and avoid planting small cloves, as these will just produce small bulbs. Plant in a hole with the pointy end up. Planting depth will vary, but in cooler regions aim to have the top of the clove around 2cm below the surface, and about 8cm in warm regions. Position cloves around 10–15cm apart.

The general rule is to plant in mid-autumn, however, timing will depend on your region and the variety you're planting. There are early and late season varieties (as a rule, red-skinned is early, silver skinned is late). To extend your harvest season, plant both varieties.

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(Raj Batra)



All uphill from here



Resolution in action

( Courtesy: The Sydney Morning Herald )..

## दूरियां कैसे नजदीकियां बन गई ?

आधुनिक युग अविष्कारों का युग है। आप को रोज रोज नये नये अविष्कारों के विषय में जानकारी मिलती रहती है। वास्तव में यह अविष्कारों का सिलसिला आज से नहीं सदियों से चल रहा है। इस की एक ऐसी लिस्ट ( सूची ) बन सकती है जो कभी खत्म ही न हो। लेकिन आज मैं एक ऐसे अविष्कार की बात कर रही हूँ जिसे मोबाईल फोन कहते हैं। ये विकसित देशों में ही नहीं विकासशील देशों में भी यह बच्चों का खिलौना बन कर रह गया है। खिलौना कहें या जरूरत, सब ठीक है। लेकिन मैं इसे एक अलग रूप से देखती हूँ। यह एक ऐसा अविष्कार है, जिस से दूरियां नजदीकियों में बदल गई हैं। आज से कुछ वर्ष पूर्व जब घर का कोई सदस्य विदेश जाता था या बेटा नौकरी के लिए शहर जाता था या फिर बेटा विवाह के बाद दूसरे स्थान (शहर या गांव) में जाती थी, तो संपर्क करने का कोई साधन नहीं होता था। लोग रो रो कर बिदा होते थे कि न जाने फिर कब मिलेगे। एक दूसरे का हाल जानने के लिए तरस्ते थे। एक दूसरे की शक्ल देखने को तरस्ते थे। लेकिन मोबाईल फोन के आने से हम अपने किसी भी करीबी से दूर होते हुए भी, उस के करीब बने रहते हैं। हम चौबीसों घंटे संपर्क में रह सकते हैं, उन से बात कर सकते हैं, उन्हें देख सकते हैं, यहाँ तक कि उन के चेहरे से उनके दिल का हाल, उनका मूड,

उनका पहरावा, उनके भावों तक को देख सकते हैं। इस प्रकार हमारी दूरियां नजदीकियों में बदल जाती हैं। इसीलिए अब जब हम बिछड़ते हैं तो उतने दुखी नहीं होते। मोबाईल फोन पर मिलना व्यक्तिगत मिलने के बराबर तो नहीं होता, इस से पास का अहसास, स्पर्श का अहसास तो नहीं होता, ऐसा भी नहीं जैसे बिछड़ने पर होता है। आधा अधूरा ही सही, पर फोन का कमाल ही है कि इस अविष्कार के होने से हमारा जब जी चाहता है हम अपने प्रियजनों से सम्पर्क कर सकते हैं। और कमाल की बात कि, मोबाइल पर वीडियो कांफ्रेंस द्वारा कई देशों में बैठे लोग एक साथ मिल सकते हैं! ऐसा नहीं लगता कि हम बहुत वर्षों से मिले नहीं या सम्पर्क में नहीं। दूरियां अब खलती नहीं। इस अविष्कार से हम जैसे लोगों को बहुत सुविधा हो गई है क्योंकि हमारे लिए आना जाना कठिन है। मिलने के अवसर कम होते जाते हैं। अपने को व्यस्त रखने के कार्य भी कम होते जाते हैं। ऐसे में मोबाईल फोन ही एक मात्र ऐसा साधन है जिस के कारण दूरियां कम हो रहीं हैं। मेरे विचार से नजदीकियां बढ़ाने के और भी कई साधन हैं, पर मोबाईल फोन सस्ता और सुविधाजनक साधन है। जिसे हम 24 घंटे अपने पास रख सकते हैं।

शारदा शर्मा

## नव-वर्ष की शुभकामनायें हम बनें भाग्य के कर्ण-धार

जीवन का आकाश विश्व में,  
इतना विस्तृत हो जाये,  
हर अभिलाशा फूल बने,  
आँगन-आँगन खेल जाये।

हों सूरज की किरणें ऐसी,  
पल-पल में उल्लास भरें,  
श्वेत चाँदनी अपनी चादर पर,  
रैनों का झुँकार करें।

हों वक्त-सरिता में लहरें ऐसी,  
हर अंतर शीतल हो जाये,  
खिलें हृदय में कमल-पुष्प,  
हर जीवन पावन हो जाये।

हर मानव ले अटल प्रतिज्ञा,  
नहीं कोई भी भेद रहे,  
सारे जग में हर प्राणी से,  
सदा प्रेम-संदेश रहे।

दृढ़ निश्चय हो ऐसा मन में,  
जैसा अटल हिमालय है,  
हर पथ पर यूँ कदम बढ़े,  
हर शक्ति का संचालय है।

प्रातः आभा विजय तिलक,  
जन-जन के मस्तक पर कर दे,  
इंद्रधनुष अपने रंगों से,  
प्रेम-पूर्ण हर अंतर रंग दे।

मंद हिलोरें देने शिशु को,  
जैसे माँ आँचल में भर ले,  
ऐसी बहे पवन विश्व में,  
मधुर स्वप्नमय जीवन कर दे।

फिर साहस का सूरज आकर,  
मार्ग हमारा दर्शायेगा,  
जीवन का हर लक्ष्य हमारा,  
स्वतः पूर्ण हो जायेगा।

प्रवीण गुप्ता

January Seniors Meeting : Saturday January 14, 2023

February Seniors Meeting : Saturday February 11, 2023

Time 1 to 4 PM at Gravelia Hall, 2 Lane St. Wentworthville.



## पहलवान की पिटाई

पानीपत में उन दिनों एक ही पिकचर हाऊस होता था- नाम था 'नवल टॉकीज़'- यह हमारे स्कूल के बिल्कुल सामने GT रोड के दूसरी ओर था।

टिकट होता था पांच आने, दस आने और सवा रुपया। हमारे लिए यह ५ आने इकठा करने में कई कई हफ्ते लग जाते थे। ५ आने की रकम कोई कम रकम नहीं होती थी उन दिनों। स्कूल के बच्चों में आम करंसी पैसा और टका होती थी- बहुत कुछ आ जाता था एक पैसे में (एक रुपे के १६ आने होते थे, एक आने के ४ पैसे, दो पैसों का एक टका)।

सिनेमा हाल के बड़े दरवाजे के ऊपर एक बहुत बड़ा बोर्ड, जिस पर फिल्म का नाम और हीरो, हीरोइन की तस्वीरें पेंट की होती थीं, लगाया जाता था।

सिनेमा के बाहर लाईनें लग जाती थीं। टिकट-घर एक खिड़की होती थी जिस के निचले हिस्से में एक सुराख होता था जिस के अंदर मुठी में पैसे ले, हाथ डाल कर टिकट लेनी पड़ती थी। बड़ा जोखम का काम होता था और उस पर कुछ 'दादा' टाइप के गुंडे लोग लाइन तोड़ धक्का मुक्की कर आगे घुसने की कोशिश में हम जैसे को पीछे धकेल देते थे। पिकचर हाल के बाहर फिर यही लोग 'ब्लैक' में टिकट बेचते थे।

वैसे इन लोगों से सिनेमा वालों की भी सांठ-गाँठ होती थी। कई बार फिल्म देखने में निराशा ही मिलती थी क्योंकि ब्लैक में टिकट खरीदने के लिए इतने पैसे नहीं होते थे। और तो और, क्योंकि पिकचर घर वालों से चोरी देखते थे, इसलिए कई दफा आधी पिकचर देख, टिकट दूसरे साथी को दे घर ठीक समय पहुँच जाया करते थे। एक ही फिल्म कई कई हफ्ते चलती थी, सो बाकी का हिस्सा फिर किसी दिन देख लेते थे। यहाँ तक कि, कुछ फिल्में हम इंटरवल के बाद का हिस्सा पहले देखते थे और पहले वाला बाद में। है ना अजीब! हमें कहानी आदि से इतना सरोकार नहीं होता था, जितना गानों, डांस और लड़ाई के सीनों से। नई फिल्म की मशहूरी के लिए सिनेमा वालों ने एक आदमी रखा हुआ था जो बाजारों में घूम घूम कर फिल्म की पब्लिसिटी करता था। बड़ा ही पहलवान टाईप का व्यक्ति था। बड़े चमकदार कुरते और खुली धोती या लम्बी सी सलवार पहने, बालों में ढेर सा तेल लगाये, गले में सोने की मोटी सी जंजीर, दोनों हाथों की कलाईयों पर रेशमी रुमाल झालर की तरह लटकाए, मुँह में पान लगाए-बिल्कुल फिल्मी विलेन की तरह, अकड़ कर चलता था।

साथ में एक ढोल वाला और फिल्म के बड़े बड़े पोस्टर-जो एक पेंटर पेंट कर के बनाता था, लकड़ी के फ्रेम पर लगाये, दो तीन लड़कों की पीठों पर बांधे, आगे आगे चलता और बड़ी सी घंटी बजाता हुआ, रुक रुक कर फिल्म के बारे में बताता था। कुछ इस तरह से ... "सुनो भई सुनो, आज नवल टाकीज में एक

ज़बरदस्त फिल्म 'आवारा' लगी है जिस में आप के चहीते अदाकार राज कपूर और नर्गिस काम कर रहे हैं। कुकू के शानदार डांस और गाने। हर रोज़ तीन शो- दोपहर 3 बजे, शाम 6 बजे और रात 9 बजे। ज़रूर देखिये।"

गली के बच्चों को बड़ा मजा आता था और बहुत सारे बच्चे उस के पीछे पीछे एक जलूस की तरह चलते रहते थे।

वह खास खास जगहों पर रुक कर कुछ ज़्यादा ही बोलता था। उन में से एक थी एक नाई की दूकान, जो पाकिस्तान से आये एक व्यक्ति ने लकड़ी के खोखे में सड़क के किनारे, गन्दी नाली के ऊपर बना रखी थी और साथ में थोड़ी खाली जगह पर एक चारपाई डाल उस पर एक दो अखबार भी रखे रहता था। वहाँ तीन चार लोग तो बैठे ही रहते थे, जिन में से कुछ केवल अखबार पढ़ने और गप्पें हांकने के लिए होते थे। बाप बेटा यह दूकान चलाते थे, पर वह आदमी खुद तो सिख धर्म से था, जो सब लोगों को बड़ा अजीब लगता था। कई लोग उससे पूछते थे, "भाई! तू सरदार होकर बाल क्यों काटता है", तो उसका जवाब होता था कि मेहनत करता हूँ, बाल ही काटता हूँ, लोगों की जेबें तो नहीं काटता। चोरी तो नहीं करता, भीख तो नहीं मांगता।"

एक बार क्या हुआ कि पहलवान उसकी दुकान के सामने खड़ा होकर ज़ोरज़ोर से आने वाली फिल्म के बारे में बता रहा था जो उस नाई को कुछ बुरा लगा और उसने उसे मना किया कि भैया थोड़ा आगे जाकर शोरो-गुल करो।

"क्यों? क्या यह जगह तेरे बाप की है?" पहलवान बोला।

"मेरे बाप की तो नहीं, पर क्या तेरे बाप की है।"

मुनादी वाले पहलवान को गुस्सा आ गया और वह गाली गलौच पर उतर आया।

इस पर छोटे वाला नाई, जो पहलवान के मुकाबले में काफी कमज़ोर लगता था, फिर भी हाथापाई करने लगा। पहलवान ने उसे धक्का मार नाली में गिरा दिया, इस पर लड़के का बाप भी कूद कर आया और पहलवान को पीछे से पकड़ लिया और बाप बेटे ने उस की पिटाई शुरू कर दी और उस पहलवान के कपड़े आदि भी फट गये, पर फिर भी वह दोनों पर भारी पड़ रहा था।

फिर नाई ने अपने बेटे से कहा, "जा अंदर से उस्तरा ला, साले की मर्दानगी को काट इसे खुसरा बनाते हैं।"

यह सुन कर पहलवान के हाथ पाँव फूल गए और वह वहाँ से बड़ी मुश्किल से जान बचा कर भाग खड़ा हुआ।

बच्चों को यह देख बड़ा मज़ा आया और वे ताली पीटने लगे।

...उस के बाद वह पहलवान कुछ दिन तो मुनादी पर नहीं आया, पर फिर जब शुरू की तो इस बात का ध्यान रखता था कि जब वह उस नाई की दूकान के पास पहुँचता, घंटी बजानी बंद कर देता और जल्दी जल्दी वहाँ से निकल लेता।

**संतराम बजाज**

## मकर संक्रांति

मकर संक्रांति उत्साह और आनंद का पर्व है। इसे भारत के



HAPPY  
Makar Sankranti

अलग अलग राज्यों में अलग अलग नामों से मनाते हैं। आंध्र प्रदेश में इसे संक्रांति, तमिलनाडु में इसे पोंगल, असम में इसे बिहू पर्व के नाम से मनाया जाता है। पंजाब और हरियाणा में इस

समय नई फसल का स्वागत करते हुए यह पर्व लोहड़ी के रूप में मनाते हैं जिसमें रात को लकड़ियाँ जलाकर मक्की के दाने को आग में डालते हुए उस की परिक्रमा करते हैं और सुबह माघ महीना आरंभ होने पर उसे मकर संक्रांति के रूप में मनाते हैं।

### मकर संक्रांति है क्या ?

जब सूर्य १२ राशियों में से एक राशि से दूसरी राशि में प्रवेश करता है (राशि परिवर्तन) तो उसे संक्रांति कहते हैं। मकर राशि में प्रवेश करने के कारण इस दिन को “मकर संक्रांति” कहा जाता है। यह त्योहार शीतकाल (सर्दियों) में आता है इसीलिए तिल खाए एवं बाटे जाते हैं। सब मिल जुल कर इस त्योहार

का आनंद लेते हैं। बच्चे मैदानों में या घर की छतों पर पतंगबाजी का आनंद लेते हुए मौज मस्ती करते हैं।

मकर संक्रांति ही वह दिन है जब गंगा जी राजा भगीरथ के पीछे चल कर कपिल मुनि के आश्रम से होते हुए सागर में जा मिली थीं, इसीलिए यह दिन गंगा स्नान के लिए शुभ माना जाता है। लोग इस दिन खिचड़ी, गरम वस्त्र तथा गुड़ तिल से बनी वस्तुएँ दान करना बहुत शुभ मानते हैं।

दान प्रथा सभी धर्मों के लोगों में भिन्न भिन्न वस्तुओं और तरीकों से की जाती है। इस दिन माघ माह प्रारम्भ होता है। सिखों के पाँचवें गुरु श्री गुरु अर्जन देव जी ने अपनी रचना “१२ माह” में माघ महीने के विषय में यह कहा है -

*माघ मजनु संग साधुआ धूड़ी कर इस्नान*

*हरि का नाम धियाई सुण सभना नौ कर दान*

इसका अर्थ है कि हमें सज्जन पुरुषों की संगत विनम्र हो कर करनी चाहिए, प्रभु का स्मरण करना चाहिए और इस पावन पवित्र नाम को सुन कर जो ज्ञान प्राप्त हुआ है उसे दान करना चाहिए अर्थात् दूसरों में बाँटना चाहिए, ऐसा करने से हमारे अंदर की मैल दूर होती है और काम क्रोध लोभ मोह रूपी विकार जो मन में हैं वह स्वयं दूर हो जाते हैं। किसी दूसरे के प्रति मन में दया का भाव आना, ज़रूरतमंद की मदद करना अठसठ (68) तीर्थों पर स्नान करने के फल के बराबर है। साथ ही साथ गुरुजी कहते हैं कि नाम सिमरन जैसी अमूल्य वस्तु प्रभु की कृपा दृष्टि से ही प्राप्त होती है।

इस प्रकार इस माघ महीने के पर्व को मनाते हुए हमें अच्छे विचारों के साथ - साथ प्रभु की कृपा दृष्टि का पात्र बनने का प्रयास करना चाहिए। **जसपाल कौर**

## नया साल

बेटे ने पूछा-माँ !

बाहर सब शोर मचा रहे हैं ,

नए साल को बुला रहे हैं।

क्या शोर मचाने से

नया साल आएगा?

इस शोर से डर कर

कहीं भाग तो न जाएगा ?

माँ उस की बातों पर हँसी

फिर सोच में फँसी।

‘यह क्या जाने क्या नया साल है

हमारा तो जो कल था

वही आज भी हाल है

फिर भी-

बच्चे को कुछ तो बताना था

उस के मन की उत्सुकता को

बुझाना था

बोली “ नया साल आएगा “

कह कर बच्चे को सुला दिया

भविष्य के स्वर्णिम झूले पर

झुला दिया।

सुबह बिस्तर से उठता बच्चा

बोला -माँ !

कहाँ हैं उमंगें, कहाँ हैं खुशियाँ

यह तो वही भोर है

जो कल थी

सब कुछ वही है जो कल था

कुछ नया नहीं सब पुराना है ।

अपने को उम्मीदों के,

घरे में डाल कर

आज के वर्तमान को

भविष्य की डोर में बाँध कर,

परिस्थितियों से करना है

समझोता ।

इसलिए एक निश्चित

तारीख पर

पिछले पन्ने को पलट कर

नए पन्ने पर करते हैं हस्ताक्षर

वरना ,सच सच बताना

मेरे दोस्तों-

कल की सुबह

और आज की सुबह में

कुछ अन्तर पाया?

कुछ नया नज़र आया?

नहीं-

फिर भी सब करेंगे प्रयास

कुछ नया कर दिखाने को

और संजोएंगे नई खुशियाँ

नए अरमान

फिर मचाएंगे शोर

एक और नया साल बुलाने को

उमंगों भरा फिर एक नया साल

आएगा -

अन्दर बाहर शोर मचाने से

भाग नहीं जाएगा।

**कैलाश भटनागर**

## Importance of 26 January

This is an important date for both Australia, our *Karma Bhumi* and India, our *Janma Bhumi*.

**Australia Day** is the official national day, observed annually on 26 January. It marks the landing of the First Fleet at Sydney Cove in 1788

and raising of the Union Flag by British Naval Officer, Admiral Arthur Phillip, who later became the first Governor of the colony of New South Wales. It marked the proclamation of British sovereignty over the eastern seaboard of Australia. It was not until 1935 that all Australian states and territories adopted use of the term "Australia Day".

In present day Australia, the holiday is celebrated widely with community festivals through various events, concerts and citizenship ceremonies including presentation of the Australian of Year Awards and announcement of the Australia Day Honours list and addresses of the Governor-General and the Prime Minister to the nation.

However, most indigenous Australian treat it as an **Invasion Day** when their sovereignty was brutally snatched away from them. It is very unfortunate that the indigenous Australians are still amongst the worst suffering community in Australia. They suffer the highest rate of incarceration of their young for very petty crimes and have the poorest health outcomes. Just before the Federal elections last year, the **Uluru Statement from the Heart** was signed by the representatives of the multi-faith communities for asking the Government of Australia for granting constitutional recognition to the indigenous people for having a constitutionally guaranteed voice in their own affairs. The current Prime Minister Mr. Albanese has promised to have the resolution passed in the first term of his office. There is a wider support in the community, but the Australian National Party is opposing the move. Let us hope the Resolution for Constitutional Recognition is adopted by the people of Australia. Although much depends on the wording of the Resolution as the last Resolution for converting the country into a Republic was cleverly worded by the then Royalist Prime Minister John Howard in 1999 to see that it failed. After Queen Elizabeth's death last year, there seems to be some simmering of interest for Australian Republic.

**Indian Republic Day** is celebrated on the date on which the Constitution of free India was adopted by the Government of

India on 26 January 1950. This replaced the Government of India Act 1935 as the governing document, thus turning the nation into a **Republic**, separate from British Raj. The constitution was adopted by the Indian Constituent Assembly on 26 November 1949 and came into effect on 26 January 1950. 26 January was chosen as the date for Republic Day as it was on that day in 1930 when the Declaration of Indian independence was proclaimed by the Indian National Congress.

The main celebration is held in the national capital, New Delhi at the Rajpath (now named 'Kartavya Path') where the President of India, as the Commander-in-Chief of the Indian Armed Forces takes



the salute. The parade is organised by the Ministry of Defence and showcases India's Defence capabilities, cultural and social heritage. March-past by the armed forces, Police, National Cadet Corps takes place. There are cultural dances performed by highlighting the diversity of each State followed by Tableaux from different States, showcasing cultural diversity and themes ranging from freedom struggle and biodiversity. It is quite a spectacle worth watching. It fills all Indians with national pride.

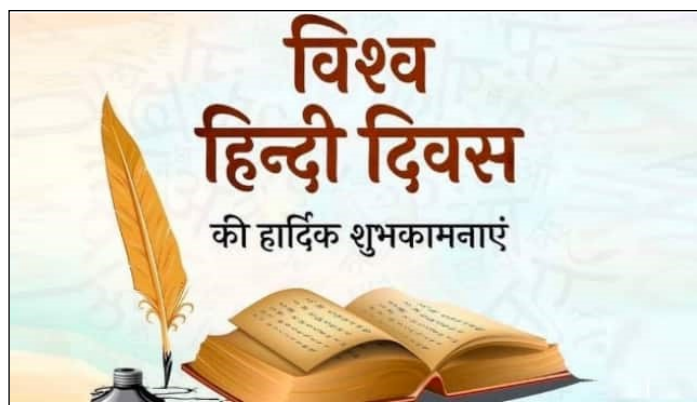
Since 1950, India has been hosting head of state or government of another country as the state guest of honour for Republic Day celebrations. Starting with President Sukarno of Indonesia in 1950, Queen Elizabeth II in 1961, President Josip Broz Tito of Yugoslavia in 1968, Malcolm Fraser, Prime Minister of Australia in 1979, and Barack Obama President of United States in 2015.

India has invited Egyptian President Abdel Fattah al-Sisi as the chief guest for the Republic Day in 2023.

The Prime Minister of India honours the martyrs at the Amar Jawan Jyoti at India Gate. It is followed by a 21-gun salute, national flag hoisting, and national anthem. Awards are presented to the brave soldiers in the form of *Paramvir Chakra*, *Ashok Chakra*, and *Vir Chakra*. Even children and general citizens who have displayed courage in times of adversity are honoured with awards.

The Beating Retreat ceremony marks the official end of the Republic Day festivities. It is conducted on the evening of 29 January, the third day after the Republic Day. Government buildings and monuments are lighted with colored lights. There are general celebrations all over the country during these days.

**Vijai Singhal**



विश्व में हिन्दी का विकास करने और एक अंतरराष्ट्रीय भाषा के तौर पर इसे प्रचारित-प्रसारित करने के उद्देश्य से विश्व हिन्दी सम्मेलनों की शुरुआत की गई। इसे 10 जनवरी को सारे विश्व में मनाया जाता है।



